

Saturday, September 24, 2016

Join us for the 7th Annual Virginia Women's Conference!



Hosted by Senator Mark R. Warner, YWCA Richmond, VCU Health, Virginia State University, the City of Richmond, Altria, Anthem Blue Cross & Blue Shield, B2C Enterprises, Bon Secours Virginia Health System, Cigna, Cortex Leadership Consulting, Dominion Resources, GEICO, Genworth, GoMonti, Hunton & Williams, MasterYourCard Virginia, Radio One Inc. – Richmond, Snagajob, and the Virginia Credit Union League

We are excited to announce that this year's conference keynote is [Dara Richardson-Heron, M.D., CEO of YWCA USA](#), the nation's oldest and largest multicultural organization dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

Our Emcee this year is [Clovia Lawrence, also known as "Miss Community Clovia,"](#) an award-winning journalist, media personality, motivational speaker, solutionist, and community game changer.

Top off your day with our afternoon keynote, [Lynda McNutt Foster, CEO of Cortex Leadership Consulting](#), a frequent and popular presenter at previous VAWC's. Lynda will give you just the tools you need to get up and take action towards the goals you've set while spending your day with us at #VAWC16.

The Virginia Women's Conference is a nonpartisan, nonpolitical U.S. Senate event. This event is free to all participants but registration is required.

Saturday, September 24, 2016 – BASIC AGENDA

8:00 AM	Registration, Networking Breakfast, and Resource Fair
9:00 AM	Welcome Program
9:30 AM	Workshops - Session I
10:40 AM	Workshops - Session II
11:40 AM	Resource Fair continues
NOON	Lunch Program: Keynote and remarks by Senator Mark R. Warner
1:30 PM	Workshops - Session III
2:40 PM	Afternoon Program
3:30 PM	Closing Program/Networking Happy Hour

#VAWC16 Full Agenda

8:00 AM – 9:00 AM Registration/Networking breakfast

9:00 AM - 9:30 AM Welcome – GRAND BALLROOM

Clovia Lawrence, Emcee

Presentation of Colors, Girl Scouts of the Commonwealth of Virginia

The National Anthem, Sophia Nadder, Freshman, Midlothian High School

Welcome Remarks:

Dr. Letizia Gambrell-Boone, Virginia State University

Deborah Zimmermann, D.N.P., R.N., NEA-BC, Chief Nursing Officer and Vice

President of Patient Care Services, VCU Health System

Nancy Rodrigues, Secretary of Administration, Commonwealth of Virginia

9:30 AM – 10:30 AM Breakout Sessions I – Lower Level

Salon 4/5

ChangeMakers – Women making a difference. Meet three women who have made a difference in the lives of Virginians, whether by volunteerism, public service, or activism.

Tiffany Jana, moderator, CEO and President, TMI Consulting Inc.

Pam Mines, Special Needs Advocate, JP JumPers Foundation

Heidi Abbott, Counsel, Hunton & Williams

The Honorable Jennifer McClellan, Delegate, Virginia General Assembly

Salon 6, 7, 8

Negotiating Your Future Self. Learn important negotiation skills that can be applied to any facet of your life. From water coolers to the board room to the happy hours - negotiations shape the outcome. Panel participants have all started ventures and now lead businesses that require savvy negotiations for personal and professional successes. We'll tell our stories and share our tips as we understand how to negotiate in the future.

Elizabeth Lyon, moderator, Research Scientist, National Geospatial-Intelligence Agency

Ellen McCarthy, President, Noblis NSP

Carol A. Haave, Sages LLC and Founder, Sages for Change

Jackie Barbieri, Co-Founder and CEO, Whitespace Solutions

Salon 1, 2, 3

Celebrating Your Changes: Sex and Self. A panel of medical experts discuss issues affecting your sexual health and wellbeing, from A to Zika.

Miriam Bender, moderator, Chair, Women's Health Virginia

Dr. Sarah Milton, Physician, VCU Health System

Dr. Scott Lucidi, Associate Professor, VCU Health

Dr. Maureen Dempsey, Senior Clinical Officer, Anthem Blue Cross Blue Shield Virginia

Presidents*

Healthy Relationships: Awareness & Support. A discussion of the dynamics of domestic and sexual violence and campus sexual assault, how it impacts survivors, and how to educate our young adults on this important issue.
(*Madison/Jefferson/Monroe suites)

Ryan E. Morris, Director of Advocacy and Outreach, YWCA Richmond
Dr. Letizia Gambrell-Boone, Vice President for Student Success and Engagement, Virginia State University

10:30 AM – 10:40 AM Break

10:40 AM – 11:40 AM Breakout Sessions II – Lower Level

Salon 4/5

The Confidence Conundrum™. This workshop will provide participants with practical strategies to identify and fearlessly pursue their personal and professional goals. Through a combination of structured, hands-on activities and group discussions, participants will engage in a variety of confidence building exercises (including the six-tier ladder of success). This session is perfect for budding or seasoned entrepreneurs as they navigate careers as leaders and businesswomen. **Presented by Dr. Bahby Banks, CEO, Pillar Consulting.**

Salon 6, 7, 8

Firsts in the Field. Whether leading in a corporate environment, the public sector, or the U.S. Military, there are challenges and rewards to succeeding in these typically male-dominated fields. Listen and apply the lessons these leading women have learned to your own life and career.

Lee Brazzell, moderator, CEO, Transformation Consultants
Susan Gorney, Senior Manager, Altria
The Honorable Angela Roberts, first African American female judge in Virginia
Captain Sara Joyner, first female fighter pilot to command a carrier air wing, U.S. Navy

Salon 1, 2, 3

All the Single Ladies: Your Financial Future. Own your financial destiny: Protect your credit rating, know where your money is going, what your investments are doing, and have a “rainy day plan” in place.

Amanda Wilson, Vice President, Retail & Business Development, Fort Lee Federal Credit Union
Mercedes Garcia, Vice President Community Relations, MasterCard

Presidents*

Doing Business with the Government: Local, State, and Federal. Doing business with government can open the revenue potential for your business. Come hear experts address key points for navigating your success with government at the federal, state, and local government level. These resources can also point you to key sources who can address certifications which will enhance your marketability with government buyers.
(*Madison/Jefferson/Monroe suites)

Kathy Dolan, moderator, Director of Business Development and Outreach Services, Virginia Department of Small Business and Supplier Diversity
Joanne Tompkins, Director of Procurement Assistance, Crater Procurement Technical Assistance Center
Laverla Tolentino, Minority Business Coordinator, City of Virginia Beach

11:40 AM – NOON Resource Fair Break

NOON Plated Lunch – Grand Ballroom
Emcee Clovia Lawrence
Remarks, Senator Mark R. Warner
Introduction by Secretary of Education, Dietra Trent

12:30 PM Keynote, Dara Richardson-Heron, M.D., YWCA USA Chief Executive Officer
Introduction by Linda S. Tisiere, CEO, YWCA Richmond

1:20 PM – 1:30 PM Break

1:30 PM – 2:30 PM Breakout Sessions III – Lower Level

Salon 4/5 Reinventing Yourself. It's never too late to switch gears or change careers. Sometimes you feel the need to make a change in your life; sometimes life changes you. Learn ways to navigate the twists and turns in your life and career path successfully so you feel inspired and fulfilled.

Aida Pacheco, moderator, Program Manager, Virginia Community College System
Gwen Hurt, CEO and Founder, Shoe Crazy Wine
Rita Ricks, Principal, Rita Ricks LLC
Candace Nicolls, SPHR, Senior Director, Snagger Services, Snagajob

Salon 6, 7, 8 Inclusion: Embracing our Differences to Find Common Ground. Recognize your own innate biases and explore the strengths of diversity and inclusion at work, at school, at home, and in your community.

Tiffany Jana, moderator, CEO and President, TMI Consulting
Myra Goodman Smith, President and CEO, Leadership Metro Richmond
Sara Tandy, Diversity and Inclusion Consultant, TMI Consulting Inc.
Jonathan Zur, President and CEO, Virginia Center for Inclusive Communities
Dr. Renee McLaughlin, Senior Medical Executive, Cigna

Salon 1, 2, 3 Managing Stress: Mind, Body, and Spirit. For thousands of years, humans have known that the use of mindfulness practices can be beneficial to help cope with the many effects of stress. We'll explore the concepts of mindfulness and examine the many benefits of implementing mindfulness practices in and out of the work place. We'll also learn the FLOW Daily Warmup to help you incorporate mindfulness and beat stress daily.

Lisa M. Ling: Founder and CEO, Universal Dynamic FLoW.
Dr. Cheri Harrell Anthony, educator and trainer, Bon Secours Employee Assistance Program

Presidents*

Family Caregiving: Impacts & Alternatives. For family caregivers primarily providing care to older family members, this session will give caregivers in depth information on how adult day services can be used to improve their lives and the families. We will concentrate on the broad impact that being a family caregiver can have on finances and relationships. We'll also discuss how planning for caregiving and considering alternative care options like adult day services can help. (*Madison/Jefferson/Monroe suites)

Beth Ludden, SVP LTC Product, Genworth
Amy Bodman, CEO, Circle Center Adult Day Services

- 2:40 PM – 3:30 PM** **Lynda McNutt Foster, CEO, Cortex Leadership. Grand Ballroom.**
Top off your day with Lynda as she gives you just the right tools you need to get up and take action towards the goals you've set during your day with us.
- 3:30 PM – 3:40 PM** **Final Door Prize Drawings (must be present to win).**
- 3:45 PM** **Networking Happy Hour begins!**

Follow us for updates and post your experience at #VAWC16 here:

www.warner.senate.gov/womensconference

Facebook: www.facebook.com/VirginiaWomensConference

Twitter: @VAWomensConf

Hashtag: #VAWC16